

## *A Woman & Her Walk With God Series*

Encouraging Women to Walk With God on the Brighter Side of Life



# A Woman & Her Physical Health

Welcome back to Ladies Bible Study! I trust that you enjoyed a wonderful holiday time with your family.

Today we are going to talk again about A Woman & Her Physical Health. After all of our holiday celebrations, this is probably a good time to talk about a subject like this!

It has been a few weeks since we have been together, so let's do a little review on what we have learned so far about A Woman & Her Health.

- ◆ We learned that the Bible teaches us in I Timothy 4:7-8 that bodily exercise profits us little, but exercising ourselves unto godliness seems to profit us a whole bunch.
- ◆ We learned that exercising ourselves unto godliness means to 'work ourselves out spiritually' as an athlete would work themselves out for the Olympics.
- ◆ We learned that God wants us to be at our strongest spiritually.
- ◆ We learned that it takes a lot of hard work to become strong spiritually.

Today we are going to talk about what the Bible has to say about what it means to be in good physical shape.

### **GOD'S IDEA OF A WOMAN BEING IN GOOD PHYSICAL SHAPE**

1. **A WOMAN MUST BE MORALLY PURE.** (I Corinthians 6:12-20) What does it mean to be morally pure? It means to live in a way that you avoid the sin of fornication. What is the sin of fornication? Any kind of sexual touching outside of marriage. Why do you think being morally impure would be so unhealthy for the body? The Bible tells us that it is the one sin that we commit against our own body. Who does the Bible teach lives within our body? The Holy Ghost. Do you think the Holy Ghost is precious to God? Yes, He is. Do you think God would allow you to become physically unhealthy if you were committing sins against your body, the temple that He lives in? I think about some of the most incurable and devastating diseases of all time: AIDS, STD's, Yeast Infections and Cancer, many of them are caused by the failure of people to live morally pure lives.
2. **A WOMAN MUST BE PHYSICALLY ABLE.** (Proverbs 31:10-31) Oftentimes, when women talk about "getting in shape," they are referring to shaping up their physical bodies. How do they usually go about this? Usually through aerobic exercise, and weight training. And you know what? There is nothing wrong with aerobics or weight training . . . If the reason that you are working out is not just to look good in or out of your clothes. God wants our physical strength to enable us to be physically able to do the work that He has created us for. What kind of work is that? Housework. Mothering work. Wife work. Church work. Although looking good is a wonderful thing, and I truly believe that God does want us to look the best we can physically, the real purpose for our physical strength is so that we will be useful to Him in our work.

*The Ladies of Grace Bible Studies for Women are written by Mrs. Julie Fink as a ministry of the Grace Baptist Church, 501 N. State St., Lockport, IL 60444, David M. Fink, Pastor.  
If you are interested in contacting Julie, you may write her at the church, or e-mail her at: ladiesofgrace@cleaninter.net*

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3. **A WOMAN MUST BE NUTRITIONALLY SOUND.** (I Corinthians 10:23-33; I Timothy 4:1-5; Philippians 4:5) There is a lot of controversy among Christian women about what it means to eat right and be nutritionally sound. Some think eating healthy is all about being a vegetarian, and they are the ones that center their lives around fruits, vegetables, some soy and dairy products, and whole grains. Some think being nutritionally sound is about following the Jewish dietary laws that were laid out for us in the Old Testament. These women are the ones that avoid all pork products, shellfish, and other “unclean” animals. Some believe that the balanced diet is found in following the food group philosophy that has been set out for us by the FDA. And some women just drift from diet book to diet book . . . not really caring at all about nutrition . . . just hoping that one way of eating will give them the energy they need and help them to lose weight. Whether we will admit it or not, each one of us has our own ‘food philosophy’ and our own set of ideas about what it means to be nutritionally sound. But what does God’s Word say about what it means to be nutritionally sound?

**According to I Corinthians 10:23-33:**

- a. When you are able, eat things that agree with you (verse 23)
- b. When you are shopping for food, buy what you can afford (verse 24-25)
- c. When you are a guest in someone’s home, eat what is put before you (verse 27)
- d. When you are with doubters, eat in a way that would always bring glory to God (verses 28-29)
- e. When you sit down to eat anywhere, pray over your meal (verse 30)

**According to I Timothy 4:1-5:**

- a. Understand that all *real* food has been created by God for us to eat and enjoy (Hostess cupcakes and Twinkies are not real food!)
- b. Understand that all real food is sanctified by the Word of God and prayer (not by the handiwork of organic farmers or the content of the soil, etc.)

**According to Philippians 4:5**

- a. Eating whatever is in front of us in moderation is the real issue about becoming nutritionally sound. It’s being excessive in one area or another that always gets us into nutritional trouble.

4. **A WOMEN MUST BE MEDICALLY WISE.** (I Timothy 4:1-2) In these two verses of I Timothy, God is telling us that there will be some believers that will depart from the faith because they will give heed to seducing spirits and the doctrines of devils. I truly believe that in these last days, that the voices of those seducing spirits and doctrines of devils are coming from the New Age “mother earth” groupies that camouflage themselves as health store gurus, chiropractors, homeopathic physicians, reflexologists, acupuncturists, psychiatrists, and holistic healers. Why do I say this? Because I know that they teach and prescribe a plan of physical care that is linked up with the atheistic religion of the devil (New Age Movement, Eastern Religious philosophies, and humanistic science). I know that some of you look to these kinds of places for your health care, and I am not afraid to tell you that seeking the wrong source for your medical care and healing is wrong according to the Word of God. *Where are you supposed to go for medical care?* First to the Lord in prayer. Oftentimes, when we go to the Lord first, He will remind us of the things that we SHOULD be doing to prevent our illness in the first place ~ resting enough, eating right, exercising regularly, and getting enough fresh air. Then, after we have done what God says to do, we should ask the Pastor and elders of our church for prayer. The Bible says that the “*effectual fervent prayer of the righteous availeth much.*” And after we have done these two things, God will often lead us to a doctor that practices traditional medicine. What is traditional medicine? Medicine that actually helps to heal you and get you better. Not stuff that keeps you in a perpetual state of having to go back for more. What about vitamins, minerals and herbs? Pray and ask God about taking them. He knows your body better than you do, and certainly better than your “natural doctor” that makes his living by keeping you going to them. Some ladies DO need extra supplements in order to maintain their physical health, but many women don’t ~ they just need to begin to eat right, exercise regularly and sleep enough.

In conclusion, God wants Christian women to be physically healthy. Why? So that they can use their energies to do their work so that their lives will bring glory and honor to Him. Never forget ladies, that in the economy of God, everything that He has created was made to bring glory to Him.